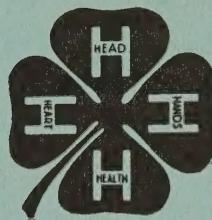


Reserve

275.2
ALIFr

4-H Club Record Book

for



NEGRO GIRLS

Name _____ Age _____

Address _____ R.F.D. _____

Name of Club _____

County _____ Date _____ 194

Number of Years in Club Work _____ Projects _____

INV. '40 The Alabama Polytechnic Institute
EXTENSION SERVICE

P. O. DAVIS, Director

(June 1943)

AUBURN, ALA.

Cooperative Extension Work in Agriculture and Home Economics, the Alabama Polytechnic Institute and the United States Department of Agriculture Cooperating—Acts of May eighth and June thirtieth, nineteen hundred fourteen.

Club Motto

To Make the Best Better

CLUB PLEDGE

I pledge

My head to clearer thinking,
My heart to greater loyalty,
My hands to larger service, and
My health to better living,

For my club, my community, and my country.

CLUB COLORS

Green and White

4-H Ritual

LEADER: We will now review the 4-H emblem and the four cardinal points of the club work which it symbolizes. What do the four H's represent?

CLUB: They represent the equal training of the head, heart, hands, and health.

LEADER: For what is the head trained?

CLUB: To think, plan, and reason.

LEADER: For what is the heart trained?

CLUB: To be kind, true, and sympathetic.

LEADER: For what are the hands trained?

CLUB: To be useful, helpful, and skillful.

LEADER: For what is the health trained?

CLUB: To resist disease, make for efficiency and enjoyable life.

Organization for Club Work

Name _____

Officers of Club:

President _____

Vice-President _____

Secretary and Treasurer _____

Home Demonstration Agent _____

4-H Club Adviser _____

Local Community Leaders _____

Time of Meetings _____

Demonstration Team No. _____

Projects _____



All 4-H club girls are required to complete two projects a year, one in foods, clothing, home improvement or personal relations and one in gardening, livestock, poultry, forestry, landscaping or truck crops, etc.

Certificates are awarded club girls who complete these two projects and return this record book (neatly filled out) to the Home Demonstration Agent.

Reports of Club Work Done at Club Meetings

Demonstration 1	Date	Subject of Demonstration	Demonstration Given by:		
			Agent	Leader	Club Girls

Points to be remembered: _____

Demonstration 2	Date	Subject of Demonstration	Demonstration Given by:		
			Agent	Leader	Club Girls

Points to be remembered: _____

Reports of Club Work Done at Club Meetings

Demonstration 3	Date	Subject of Demonstration	Demonstration Given by:		
			Agent	Leader	Club Girls

Points to be remembered: _____

Demonstration 4	Date	Subject of Demonstration	Demonstration Given by:		
			Agent	Leader	Club Girls

Points to be remembered: _____

Reports of Club Work Done at Club Meetings

Demonstration 5	Date	Subject of Demonstration	Demonstration Given by:		
			Agent	Leader	Club Girls

Points to be remembered: _____

Demonstration 6	Date	Subject of Demonstration	Demonstration Given by:		
			Agent	Leader	Club Girls

Points to be remembered: _____

Reports of Club Work Done at Club Meetings

Demonstration 7	Date	Subject of Demonstration	Demonstration Given by:		
			Agent	Leader	Club Girls

Points to be remembered: _____

Demonstration 8	Date	Subject of Demonstration	Demonstration Given by:		
			Agent	Leader	Club Girls

Points to be remembered: _____

Reports of Club Work Done at Club Meetings

Demonstration 9	Date	Subject of Demonstration	Demonstration Given by:		
			Agent	Leader	Club Girls

Points to be remembered: _____

Demonstration 10	Date	Subject of Demonstration	Demonstration Given by:		
			Agent	Leader	Club Girls

Points to be remembered: _____

Reports of Club Work Done at Club Meetings

Demonstration 11	Date	Subject of Demonstration	Demonstration Given by:		
			Agent	Leader	Club Girls

Points to be remembered: _____

Demonstration 12	Date	Subject of Demonstration	Demonstration Given by:		
			Agent	Leader	Club Girls

Points to be remembered: _____

Income Earning

Do you have a bank account? _____ How much? _____

If so, how did you earn this money? _____

What is the value of all other property (not listed above) which you own personally? _____

List of Articles in Room

Description of Room (Before starting project)

(After completing project)

Report of Club Work Done at Home

Report of Club Work Done at Home

Report of Club Work Done at Home

Record of Canning

Production Project Record

(Tell the story of your canning, pig or calf, etc.)

Story of My 4-H Club Experiences and My 4-H Achievements

(Be sure to tell of your work in an interesting way)

Year's Activities

Number of club meetings held _____ Number of meetings attended _____

Offices held _____

Have you served as a member of a demonstration team? _____

Have you taken part in a judging contest? _____

Was a 4-H Rally held in your county? _____

A 4-H Camp? _____ Did you attend rally? _____ Camp? _____

Name state and out-of-state club trips you tried for during the year

Health Work

From score card check:

Age _____ Weight _____ Height _____ Correct weight should be _____

Date of physical examination _____ Score _____

Have you kept the Health Habit Chart regularly? _____

Attach Health Habit Chart to Record Book.

Certificate in Club Work

A certificate will be awarded for a grade of 75 per cent according to the following score:

	Standard Score	Club Girl's Score
Project work		75
Clothing Budget	5	
Canning Record	5	
Food Score Card	5	
Health Record	10	
Attendance	10	
Work at Club	20	
Work at Home (Production Project)	20	
Leadership		15
Demonstrations		
Talks		
Newspaper Articles		
Offices Held		
Community Service		
Contests Entered		
Exhibits		10
<i>Prizes Received</i>		
Community		
County		
State		
National		
Final score		100

Signed

County Home Demonstration Agent

Score Card for 4-H Ration for Club Members

Note: This score card emphasizes the need of certain essential foods in a well-selected diet. It must be supplemented by bread and butter and moderate amounts of fats, sweets, and starchy foods. Growing girls need an ample ration that will provide plenty of energy for growth and exercise. The size and rate of growth of the club member will determine the total amount of food needed to keep her within the normal weight zone for height and age. The size of the servings should vary according to the need of the person, but an average serving of vegetables, fruits, or cereals is from one-half to three-fourths of a cup.

Perfect score	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
20 MILK— ¾ pint, 10; 1 pint, 15; ¾ - 1 quart _____ 20							
40 VEGETABLES AND FRUITS— Vegetables: 1 serving, 5; 2 servings, 10; 3 servings _____ 15 Potatoes may be included as one of the above serv- ings. If yellow or green leafy vegetable is included, extra credit _____ 5							
Fruits: 1 serving, 10; 2 servings 15 If raw fruit or vegetable or canned tomato is in- cluded, extra credit _____ 5							
15 WHOLE-GRAIN PRODUCTS— 1 serving, 10; 2 servings 15							
15 CHEESE, EGGS, MEAT, DRIED BEANS, OR PEAS— 1 serving of any one of the above _____ 10 1 serving of any two of the above _____ 15							
10 BUTTER 2 servings _____ 10							
10 WATER (total liquid)— 1 quart, 5; 1½ quarts or more _____ 10							
110 TOTAL CREDITS							
DEDUCTIONS							
Use of tea or coffee _____ 10 Eating sweets between meals _____ 10							
TOTAL DEDUCTIONS							
TOTAL SCORE							
DAILY AVERAGE							

"Eat What You Want After You Eat What You Should"